

WHAT IS CLAIMED IS:

1. A reducer of blood glucose level increase comprising palatinose as an active ingredient,

wherein said reducer is ingested before or after or
5 simultaneously with consuming a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides, and

wherein said reducer reduces an increase in blood glucose level caused by consuming said carbohydrate.

10 2. A reducer of blood glucose level increase comprising palatinose as an active ingredient,

wherein said reducer is ingested before or after or simultaneously with consuming at least one foodstuff being selected from the group consisting of sucrose, wheat flour,
15 starch, dextrin and high fructose corn syrup, and

wherein said reducer reduces an increase in blood glucose level caused by consuming said foodstuff.

3. A reducer of blood glucose level increase comprising palatinose as an active ingredient,

20 wherein said reducer is ingested before or after or simultaneously with consuming food, and

wherein said reducer reduces an increase in blood glucose level caused by consuming said food.

25 4. A reducer of body fat accumulation comprising palatinose as an active ingredient,

wherein said reducer is ingested before or after or

simultaneously with consuming a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides, and

wherein said reducer reduces body fat accumulation resulted from the increase in blood glucose level and insulin secretion caused by ingesting said carbohydrate.

5 5. A reducer of body fat accumulation comprising palatinose as an active ingredient,

10 wherein said reducer is ingested before or after or simultaneously with consuming at least one foodstuff being selected from the group consisting of sucrose, wheat flour, starch, dextrin and high fructose corn syrup, and

15 wherein said reducer reduces body fat accumulation resulted from the increase in blood glucose level and insulin secretion caused by consuming said foodstuff.

6. A reducer of body fat accumulation comprising palatinose as an active ingredient,

wherein said reducer is ingested before or after or simultaneously with consuming food, and

20 wherein said reducer reduces body fat accumulation resulted from the increase in blood glucose level and insulin secretion caused by consuming said food.

25 7. A food material comprising palatinose and a foodstuff composed of a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides,

wherein said food material reduces blood glucose level increase caused by consuming said foodstuff.

8. A food material comprising palatinose and at least one foodstuff being selected from the group consisting of sucrose, wheat flour, starch, dextrin and high fructose corn syrup,

wherein said food material reduces blood glucose level increase caused by consuming said foodstuff.

9. A food material according to Claim 8,
wherein said food material is used as a sweetener and said foodstuff is at least one foodstuff being selected from the group consisting of sucrose and high fructose corn syrup.

10. A food material according to Claim 8,
wherein said food material is used as a premix material and said foodstuff is at least one foodstuff being selected from the group consisting of sucrose, wheat flour, starch and dextrin.

11. A food material according to Claim 8,
wherein said food material is used as a powdery drink and said foodstuff is sucrose.

12. A food material according to any of Claims 7-11,
wherein the weight (A) of said palatinose has a ratio of 10% or more relative to the total weight (B) of carbohydrate contained in said food material, and said palatinose is combined so that said palatinose is ingested by 5g or more per 60kg of body weight of an individual.

13. A food material comprising palatinose and a foodstuff composed of a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides,

5 wherein said food material reduces body fat accumulation resulted from the increase in blood glucose level and insulin secretion caused by consuming said foodstuff.

14. A food material comprising palatinose and at least
10 one foodstuff being selected from the group consisting of sucrose, wheat flour, starch, dextrin and high fructose corn syrup,

 wherein said food material reduces body fat accumulation resulted from the increase in blood glucose
15 level and insulin secretion caused by consuming said foodstuff.

15. A food material according to Claim 14,

 wherein said food material is used as a sweetener and said foodstuff is at least one foodstuff being selected from
20 the group consisting of sucrose and high fructose corn syrup.

16. A food material according to Claim 14,

 wherein said food material is used as a premix material and said foodstuff is at least one foodstuff being selected from the group consisting of sucrose, wheat flour,
25 starch and dextrin.

17. A food material according to Claim 14,

wherein said food material is used as a powdery drink and said foodstuff is sucrose.

18. A food material according to any of Claims 13-17, wherein the weight (A) of said palatinose has a ratio of 20% or more relative to the total weight (B) of carbohydrate contained in said food material, and said palatinose is combined so that said palatinose is ingested by 10g or more per 60kg of body weight of an individual.

19. A method for reducing blood glucose level increase, characterized by having an individual ingest a reducer of a blood glucose level increase described in any of Claims 1-3.

20. A method for reducing blood glucose level increase, characterized by having an individual ingest a food material described in any of Claims 7-11 or a food prepared by processing said food material.

21. A method for reducing body fat accumulation, characterized by having an individual ingest a reducer of body fat accumulation described in any of Claims 4-6.

22. A method for reducing body fat accumulation, characterized by having an individual ingest a food material described in any of Claims 13-17 or a food prepared by processing said food material.